

# Northwest Regional Burn Model System

UW Medicine Regional Burn Center  
at Harborview Medical Center

Seattle, Washington



Winter 2013

Newsletter

## What's New?

- March/April 2013 *Impact of Hypnosis* study enrollment begins
- January/February 2013 Burn survivors and family members invited to review new 'Itch Fact Sheet' - Email us at [NWRBMS@uw.edu](mailto:NWRBMS@uw.edu) to participate
- March 2013 March is Burn Injury Prevention month - Look to our social media sites for more information and prevention tips
- January - March 2013 Check us out on Facebook and Twitter @NWRBMS



## New '*Impact of Hypnosis*' study to begin

Itching after a burn injury can affect all aspects of life to include sleep, activities of daily living, and psychosocial well-being. At present, we use several different kinds of oral and topical (applied to the healed skin or graft) medications. These medications can be helpful but often, the itching is not completely relieved. Past research has determined that burn survivors continue to itch for many years; as many as 44% of survivors complain of itching at 5 or 10 years following their injury (visit <http://www.ncbi.nlm.nih.gov/pubmed/23079565> for the research abstract detailing these findings). With this new study, we seek to make a positive impact on postburn itching.

The HMC Regional Burn Center has a long history of using hypnosis for pain control and it is from this experience that we have developed this study that seeks to determine if hypnosis has an impact on postburn itching. The lead investigator for this study is Dr. Shelley Wiechman from the Department of Rehabilitation Medicine. The study is set to begin subject enrollment soon. Eligible study subjects will be asked to participate when evaluated during their inpatient hospitalization or when seen in the Burn/Plastic Outpatient Clinic.

## NWRBMS Winter 2013 Newsletter

If you would like to receive a copy of our newsletter, email us at [NWRBMS@uw.edu](mailto:NWRBMS@uw.edu) and request either an email or paper copy. Please include the appropriate email or postal address with your request.



## Provider Profile: Sabina Brych, BS.

The UW Medicine Regional Burn Center at Harborview is one of only a few U.S. burn centers to have a dedicated vocational counselor.

What does that statement mean to the many burn survivors who are cared for at the UW Medicine Regional Burn Center?

Dr. Nicole Gibran (UW Regional Burn Center Medical Director) tells us, 'We are very fortunate. We have an individual who can help our patients with their vocational - work related issues once they are ready to return to work.' That may involve any number of actions by Ms. Brych who is available for both inpatient and outpatient assessments.

We asked Sabina what she is most

often called to do during an average week in the HMC Burn/Plastic Surgery Outpatient Clinic. 'I may simply provide counseling on common issues that burn survivors face when returning to their pre-injury employment or my interactions may involve multiple assessments for job accommodations, readiness for return to work, or referrals to state agencies such as the Department of Vocational Rehabilitation Services (DVR). For those patients who are covered under the Worker's Compensation insurance program, I assist with paperwork and communication between workers,

employers and the Worker's Compensation case managers. Most importantly, I work with all members of our burn team to outline the most appropriate vocational care plan. Everyone is different and one's return to work issues are different as well - so providing an individualized plan that will lead to successful re-employment or new employment is critical', states Ms. Brych.

Routine consultations with Sabina Brych are available through the HMC Burn/Plastic Surgery Outpatient Clinic (206-744-5735).

Visit our website at <http://burnrehab.washington.edu/>

**Burn Prevention Tips  
When Using Heating  
Equipment**



Keep anything that can burn at least 3 feet away from heating equipment (furnace, fireplace, wood burning stove, space heater).

Remember to turn portable space heaters off when leaving the room.

Test smoke alarms monthly.